

Sweet Fish Flakes (Sakana no oboro)

Inspired by Hiroko Shimbo, The Sushi Experience (ISBN 1-4000-4208-9)

Sakana no oboro is made from lean, white-fleshed fish cooked in water, drained, crumbled, and dry toasted in a pan with sugar, mirin (sweet cooking wine), and a little salt. The result is a dry, sweet, flaked fish with a faint pink color because of the addition of some red food coloring. This is another one of those recipes born out of necessity – what to do with the accumulated leftover whitefish in the sushi kitchen, most of which consists of end pieces or odd parts of the fish that could not be served to the sushi diners. This delightful sweet delicacy solves the problem.

1. Marinate fish

6 ounces fish, no skin

Put the fish in a bowl.

1 tablespoon shoyu (soy sauce)

Add the soy sauce, mirin, sake and sugar.

1 tablespoon mirin (sweet cooking wine)

Stir and mix thoroughly with chopsticks.

1 tablespoon sake (rice wine)

1 tablespoon sugar

2. Braise

Heat a skillet (no oil is added) over low heat.

Add fish.

Move the fish around in the skillet until all the moisture is cooked away and the fish becomes light and flaky, about 8 minutes.

3. Finish

red food coloring (optional)

At the very end, add a small drop of red food coloring if you like and stir thoroughly.

4. Cool

Transfer the sweet fish flakes to a bowl and let them cool.

5. Store

Store them in a sealable container in the refrigerator.

Use within two weeks or freeze.